

## Envision Yoga Worksheet 2

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First Chakra Part 1/Tailbone: I \_\_\_\_\_ see, hear, feel and know that

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First Chakra Part 2/Tailbone: I \_\_\_\_\_ see, hear, feel and know that

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Second Chakra/Sacrum: I \_\_\_\_\_ see, hear, feel and know that

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Third Chakra/Solar Plexus: I \_\_\_\_\_ see, hear, feel and know that

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Fourth Chakra/Heart: I \_\_\_\_\_ see, hear, feel and know that

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Fifth Chakra/Throat: I \_\_\_\_\_ see, hear, feel and know that

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Sixth Chakra/Third Eye: I \_\_\_\_\_ see, hear, feel and know that

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Seventh Chakra/Crown: I \_\_\_\_\_ see, hear, feel and know that

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**Svadharna/Mission Statement:** My purpose in Life is to experience and share ...